COMMUNITY

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EL CENTRAL HISPANIC NEWS

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COMMUNITY

Pages 8-9 – La Tercera Edad, "The Third Age," is thriving at LA SED

La renovación de la casa número 70 del programa de intercambio de casas Bridging Neighborhoods en el barrio Delray

El lunes 6 de febrero, el alcalde Mike Duggan y los funcionarios de vivienda de la ciudad se unieron a los miembros de la familia Barajas del suroeste de Detroit al convertirse en la septuagésima familia en intercambiar oficialmente su antigua casa por una recién renovada de Detroit Land Bank a través del Programa de Intercambio de Casas Bridging Neighborhoods de la Ciudad.

El programa "Bridging Neighborhoods Home Swap" se creó en el año 2017 para darles la opción a los residentes directamente afectados por la construcción del Puente Internacional Gordie Howe, de intercambiar su hogar actual por uno en otro vecindario sin ningún costo. El programa está disponible para los propietarios de viviendas en el área de Delray que deseen reubicarse pero que el Estado no les ha ofrecido una compra total.

Antes de inscribirse en el programa de voluntariado, Lidia y Jorge Barajas habían vivido el barrio Delray por 14 años.

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Bridging Neighborhoods Home Swap Program Renovates Home for 70th Delray Family

Jorge and Lidia Barajas and their children on the front steps of their new home in Southwest Detroit, happy to be relocated to a cleaner, safer environment. . Photo courtesy of City of Detroit

On Monday, February 6, Mayor Mike Duggan and city housing officials joined with members of the Barajas family of southwest Detroit as they became the 70th family to officially trade in their former home for a newly renovated Detroit Land Bank home through the City's Bridging Neighborhoods Home Swap program.

The Bridging Neighborhoods Home Swap program was created in 2017 for residents directly impacted by the construction of the new Gordie Howe International Bridge to give them the option to exchange their current home for one in another neighborhood at no cost. The program is available to homeowners in the Delray area who want to relocate but were not offered a buyout from the State.

Before signing up for the voluntary program, Lidia and Jorge Barajas had lived in their Delray neighborhood for the past 14 years. In 2019, the couple initially declined the opportunity to trade in their home for a newly renovated one in another neighborhood. But then they heard positive feedback from their niece and another friend, both of whom did go through the program, and re-enrolled in the program in 2021.

cont on pg.2

Mayor kicks off ninth year of Grow Detroit's Young Talent

Summer jobs program provides work for 8,000 youth ages 14-24

The ninth year of Grow Detroit's Young Talent, the City of Detroit's summer work experience program for Detroit youth, officially kicked-off this week with a goal of providing over 8,000 summer employment opportunities for Detroit youth ages 14-24.

Mayor Mike Duggan was joined by members of Detroit City Council, employers, philanthropic organizations, and youth at DTE Energy's headquarters in Detroit to officially open the application portal, which will remain open at GDYT.org until May 31, 2023.

8,068 Detroit youth were employed through GDYT during the 2022 program, the eighth straight year of exceeding the program's target of 8,000. To maintain social distancing protocols, GDYT made more than 5,500 of the 2022 summer opportunities virtual or hybrid, and the program will provide similar accommodations in 2023.

"This summer, we plan to make our 70,000th summer job opportunity available through GDYT," said Mayor Duggan. "Every year, it is inspiring to see so many thousands of youth sign up for this program, some who are multi-year participants taking further steps toward their final career paths, others getting their first taste of having a job and earning a paycheck. And every year, our employers, our philanthropic community and our partners across the city are there to meet them, to guide them, and to help them shape their futures."

Joining the mayor for the announcement were several members of Detroit City Council, including Council President Mary Sheffield who has been a strong supporter of GDYT and other programs that deliver opportunities for Detroit youth.

cont. on pg.3

Gordie Howe International Bridge Community Benefits Plan Allocates $2.3 Million in New Investments

GHIB Community Grant Awardees 2023

Windsor, Ontario – Halfway through the implantation of its five-year Community Benefits Plan, the Gordie Howe International Bridge project team has identified new investment opportunities worth $2.3 million. Eleven new projects are being added to the Plan, along with expanded funding to six existing initiatives, all of which bring further benefits to the local communities.

The funding is part of the Neighborhood Infrastructure Strategy, a $20 million (CDN) direct community investment on both sides of the border. In 2022, the project team accepted several

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Programa de Intercambio de Vivienda

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En 2019, la pareja rechazó inicialmente la oportunidad de cambiar su casa por una recién renovada en otro vecindario. Pero luego escucharon comentarios positivos de su sobrina y otro amigo, quienes pasaron por el programa y se reinscribieron en el programa en el año 2021.

Sin embargo, la familia Barajas tenía un desafío único: una familia numerosa y requerían una casa más grande que las del promedio que ofrece el programa. Tienen cinco hijos y la madre de Lidia también vive con ellos. Afortunadamente, el programa Home Swap también incluye una opción para viviendas de mayor ocupación para familias que necesiten al menos cuatro dormitorios. Ahora, vivirán en su nueva casa de tres pisos, que se encuentra en un tramo de la Avenida Livernois entre la calle W. Vernor y la I-75.

Beatriz, quien fue la intérprete de su madre Lidia Barajas en la conferencia de prensa del lunes, agradeció la oportunidad de mudarse a la casa recientemente renovada. "Es agridulce decir adiós para crear nuevos recuerdos aquí", dijo. Beatriz agregó: "Solo queríamos agradecerles a todos por la oportunidad de poder vivir en un lugar mejor y estar más cerca de nuestra comunidad, donde tenemos tiendas locales y supermercados locales de los cuales somos clientes frecuentes".

El alcalde Duggan explicó el propósito del programa de reubicación al señalar: "Hubo muchas familias que no obtuvieron las compras del estado porque no se requerían sus tierras, pero aún están lidiando con el impacto del nuevo puente. Creamos el programa Bridging Neighborhoods para ayudar al bienestar de los propietarios; como la familia Barajas, los cuales querían dejar su barrio, pero no su ciudad".

Todas menos dos de las ahora 70 casas renovadas por el programa de intercambio de casas Bridging Neighborhoods fueron compradas por $1 de la existencia inmobiliaria de Detroit Land Bank Authority. "El banco de terrenos se enorgullece de asociarse con la Ciudad en un programa tan innovador que está ayudando a la Ciudad a alcanzar sus objetivos y que al mismo tiempo permite a los habitantes de Detroit elegir dónde y cómo vivir", dijo Tammy Daniels, directora Ejecutiva de Detroit Land Bank Authority, "cualquier oportunidad de contribuir con nuestras propiedades para rehabilitaciones de alta calidad que creen soluciones de vivienda estables y accesibles para las familias de Detroit".

La ciudad completó su primer intercambio de casas exitoso en 2018 y ha estado completando alrededor de 15 por año desde entonces.

"Poder satisfacer las necesidades de las familias que no fueron elegidas para la compra de las propiedades, pero que decidieron que querían mudarse me llena de satisfacción", dijo el director de Bridging Neighborhoods, Rico Razo. "Nuestro equipo trabaja con las familias de Home Swap en cada paso del camino, porque esta es una gran decisión, y queremos que estén contentos con su disposición de reubicarse. 70 familias del barrio Delray ahora viven en sus hogares completamente renovados en toda la ciudad de Detroit, pero también tenemos varios cientos de familias que vivían al lado, o alrededor, y casas destruidas que antes estaban vacías y ahora tienen nuevos vecinos. Es una victoria para nuestras familias y los vecindarios a los que se mudan".

El programa Bridging Neighborhoods Home Swap se creó en 2017 a través de un acuerdo de beneficios comunitarios negociado de $32 millones entre la ciudad, los residentes y el gobierno canadiense, que ha pagado la construcción del nuevo puente. El acuerdo también incluyó $ 10 millones para capacitación en oficios calificados para los habitantes de Detroit.

Además del programa de intercambio de viviendas, una parte del presupuesto de Bridging Neighborhoods también pagó casi 175 viviendas a lo largo del I-75 Nort Service Drive, para que recibieran nuevas ventanas aislantes y nuevos sistemas de calefacción y refrigeración y protegerlas del ruido y otros impactos ambientales causados por el tráfico del nuevo puente. Ese programa concluyó el año pasado.

Home Swap Program

Con't from pg. 1

The Barajases had a unique challenge, however: They have a large family and needed a larger than average home for the program. They have five children and Lidia's mother also lives with them. Fortunately, the Home Swap program also includes an option for higher occupancy homes for families that need at least four bedrooms. Now, they will live in their new three-story home, which sits along a dense stretch of Livernois between W. Vernor and I-75.

Speaking through her daughter Beatriz who translated for her mother at the Monday press conference, Lidia Barajas was grateful for the opportunity to move into the newly renovated house. "It's bittersweet to say goodbye to make new memories here," she said. Beatriz added, "We just wanted to thank everyone for the opportunity to be able to live in a better place and be closer to our community where we have local shops and local supermarkets where we're frequent customers."

Mayor Duggan explained the purpose of the relocation program by noting, "There were a lot of families that didn't get buyouts from the state because the state didn't need their land, but they are still dealing with the impact of the new bridge. We created the Bridging Neighborhoods program to help take care of homeowners like the Barajas family who wanted to leave their neighborhood, but not their city."

All but two of the now 70 homes renovated by the Bridging Neighborhoods Home Swap program were purchased for $1 from the stock of properties owned by the Detroit Land Bank Authority. "The land bank is proud to partner with the City on such an innovative program that helps the City meet its goals while empowering Detroiters with choice in where and how they live," said Tammy Daniels, CEO, Detroit Land Bank Authority. "We welcome any opportunity to contribute our property to high-quality rehabs that create accessible, stable housing solutions for Detroit families."

The city completed its first successful home swap in 2018 and has been completing about 15 per year since.

"To be able to meet the needs of families who didn't get bought out, but decided they wanted to relocate is a great feeling," said Bridging Neighborhoods Director Rico Razo. "Our team works with Home Swap families every step of the way because this is a big decision, and we want them to be happy about their decision to relocate. 70 Delray families are now living in their fully renovated homes all over the city of Detroit, but we also have several hundred families who lived next to, or around, these once vacant eyesores and they now have new neighbors. It's a win for our families and neighborhoods they are moving to."

The Bridging Neighborhoods Home Swap program was created in 2017 through a negotiated $32 million community benefits agreement between the city, residents, and the Canadian government, which is paying for construction of the new bridge. The agreement also included $10 million for skilled trades training for Detroiters.

In addition to the home swap program, a portion of the Bridging Neighborhoods budget also paid for nearly 175 homes along the north I-75 service drive to receive new insulating windows and new heating and cooling systems to protect them from the noise and other environmental impacts of the new bridge traffic. That program wrapped up last year.

(L-R) Detroit Mayor Mike Duggan, and the Barajas family, on the porch of their new house.
Photo provided by The Detroit News

Before (L) and after (R) images of the Barajases' home

(L-R) Jorge, Lidia, Beatriz and George Barajas with Rico Razo and Detroit Mayor Mike Duggan.
Photo provided by City of Detroit

GHIB Community Benefits

Con't from pg. 1

New proposals and undertook community consultation to review the current priorities of the neighborhoods closest to the project. The $2.3 million will be invested in the following community priority areas: $1.1 million for Community Partnerships; $659,600 for Economic Benefits; $400,000 for Community Safety and Connections and $142,000 for Aesthetics and Landscaping.

A key feature of the Gordie Howe International Bridge project is the inclusion of a Community Benefits Plan. Launched in June 2019, the Community Benefits Plan reflects community priorities and includes two components, the Workforce Development and Participation Strategy and the Neighborhood Infrastructure

The Neighborhood Infrastructure Strategy is a $20 million (CDN) direct community investment on both sides of the border. In 2019, approximately $14.6 million (CDN) was allocated to 29 projects in Windsor and Detroit. With implementation of the Plan at the midway point of its five-year term, the project team accepted several new proposals and undertook community consultation, to review the current priorities of the neighborhoods closest to the project.

As a result, new investment opportunities worth $2.3 million (CDN) have been identified to bring further benefits to the local communities. Eleven new projects are being added to the Plan, along with additional funding to six existing initiatives. Remaining Neighborhood Infrastructure Strategy funds will be allocated in early 2024.

"This announcement is a prime example of what authentic, sustained community engagement can yield. WDBA and Bridging North America's continued investment in the communities on both sides of the border continue to be driven by feedback from, and in response to the needs of, frontline residents, said Gabriela Santiago-Romero, Detroit Council Member, District 6. "I am proud of our residents for their continued engagement and advocacy and can't wait to see the impact these new projects will have on the Delray and southwest Detroit communities."

The new Community Benefits Plan initiatives in Southwest Detroit include:

Green Infrastructure and Programming

Partner: Congress of Communities (COC): Investments in the youth-driven community center will support green programming, community education and infrastructure improvements, including the expansion of the community garden program. Funding will also support assessment and integration of sustainable policies into the organization.

Southwest Detroit Youth Programming

Partner: Detroit Hispanic Development Corporation (DHDC): Afterschool and summer programming to be offered to youth at DHDC and the Delray Community Center. Programming will provide culturally appropriate programs and services that meet the needs of youth within the community.

Southwest Detroit Small Business Support

Partner: Puente Cultural Integration, LLC: Bilingual programming (English and Spanish) including coaching and technical assistance, networking events, workshops, collaborative marketing and marketplace opportunities to support small business owners and entrepreneurs in Southwest Detroit.

SDBA Small Business Center Improvements

Partner: Southwest Detroit Business Association (SDBA): Improvements to SDBA's Small Business Development Center, including the creation of an updated meeting space and technology hub for small businesses.

Southwest Detroit Business Summit

Partner: To be confirmed: The Southwest Detroit Business Summit will provide a half-day event for area businesses and entrepreneurs to leverage the future operation of the Gordie Howe International Bridge for tourism and business opportunities.

Youth Environmental Program

Partner: The Greening of Detroit: The TreeKeepers Kids Program is an environmental education program designed to engage students in three Southwest Detroit schools. Activities will promote environmental awareness and stewardship and will include tree planting at neighborhood schools or parks.

Community Organization Investment Grants

Partner: Local Community Organizations in both Detroit and Windsor: Increase funding from $50,000 to $100,000 (CDN) per country for the 2023 and 2024 Community Organization Investment (COI) funding cycles to support events, programming or infrastructure projects delivered by non-profit or charitable organizations in the host communities.

For more information about the Gordie Howe International Bridge project and Community Benefits Plan, visit www.GordieHoweInternationalBridge.com or call 1-844-322-1773.

GORDIE HOWE INTERNATIONAL BRIDGE QUICK FACTS

- The Gordie Howe International Bridge Community Benefits Plan is being delivered by Bridging North America with collaboration and oversight from Windsor-Detroit Bridge Authority and the State of Michigan.
- In 2019, approximately $14.6 million (CDN) of the $20 million (CDN) Neighborhood Infrastructure Strategy was allocated to 29 projects in Windsor and Detroit. To ensure all funding is spent by the end of the five-year plan in March 2025, funding opportunities were identified for the 50 per cent and 75 per cent points in implementation.
- Following the 2023 release of $2.3 million, the remaining $3.1 million will be allocated in early 2024. Information on how the funds will be invested will be shared in 2023.
- Of the 29 original Neighborhood Infrastructure Strategy initiatives, five initiatives are complete, 19 are in progress and one was not pursued.

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Grow Detroit's Young Talent

Con't from pg. 1

"Access to opportunity and exposure is critical to the development of our youth and positively impacts their trajectory in life" said Council President Sheffield. "Since its inception, GDYT has served this purpose for thousands of Detroit's youth. By allowing young Detroiters to explore various career fields and refine their skills, GDYT has been a game changer in our communities and Detroit families alike. We owe a debt of gratitude to the dozens of companies and organizations that have made a conscious effort to partner with Detroit to invest in over 8,000 young people and create a brighter future for the students and our City."

Grow Detroit's Young Talent was launched by Mayor Duggan in 2015, since which time it has been managed by the City of Detroit's workforce agency, Detroit Employment Solutions Corporation. Unlike in many cities, the program has continued at full capacity every summer despite the COVID-19 pandemic.

The target budget for GDYT this year is $13.8M, a portion of which will come from more than $12M in American Rescue Plan Act funds appropriated for the program last year. The exact amount of ARPA funds being used this year will be determined prior to the start of the summer work experience.

"COVID-19 has created challenges for families across our nation not just in Detroit, and the importance of knowing that this program will be there for our young people cannot be overstated," said Terri Weems, President of Detroit Employment Solutions Corporation. "The opportunity for Detroit youth not only to get real-world experience, but also to contribute to their family budget, or save for college, or make connections that can help them, or add references to resumes, these things are invaluable as our youth begin to plan their futures."

While GDYT receives support from a large number of both big and small companies in the Detroit metro area, the program is also supported by major national corporations such as JPMorgan Chase, which has actively supported both youth and adult programs in Detroit.

"Detroit's revitalization starts by ensuring our youth are set up for career success and mobility," said Byna Elliott, global head of Advancing Black Pathways at JPMorgan Chase and GDYT board member. "We're proud of our decade-long investment in Detroit and strong partnerships, like Grow Detroit's Young Talent, who help more youth access summer jobs and build the skills, confidence, and expertise they need for the future."

A key multi-year supporter of GDYT in the Metro Detroit area is the Skillman Foundation, which has historically been one of the most engaged in supporting the goals of Grow Detroit's Young Talent and in advocating for youth opportunities in general.

"Job experiences are a rite of passage for teenagers and young adults, expanding life's possibilities while preparing them for success in the world of work. Grow Detroit's Young Talent is an important component to ensure employment opportunities are provided to Detroit youth, and specifically, to Black youth. It's fueling our city's economic engine by making opportunity accessible and equitable," said Terry Whitfield, Policy & Systems Partnership Manager for The Skillman Foundation.

How to get involved

Detroit youth interested in a summer job should visit GDYT.org to apply. The registration portal will be open until May 31, 2023. Organizations interested in becoming a sponsor or providing summer work experiences for Detroit youth may also register at the GDYT website.

There are several ways to partner with GDYT:

- Become a Funding Partner by making a financial contribution to the GDYT program to support summer work experiences for Detroit youth.
- Become an Employer Partner by providing a job at your designated worksite and sponsoring a six-week paid work experience (120 hours).
- Be recognized as an Affiliate Partner by directly hiring youth through an existing summer program that you operate.
- Volunteer to support key program components (i.e. career fairs, work-readiness training, etc.)
- Explore options to provide year-round and/or permanent employment opportunities to Detroit youth.

SPECIAL, WORLD'S CULTURES
Bilingual communities

Bilingual communities

It seems that the reality to which we human beings submit is circumscribed by the handling that we have or may have of language; or, as Wittgenstein said, "the limit of my language is the limit of the world": which sentences the direct relationship between reality and the medium to express it, as if only the circumstance happened until now it is expressed, not by nothing information becomes the path to power, since it could even be thought that language came before reality. Eduardo Espina says: "The word frees desire and the signs are released by it." Although abstract life converges from the use and play of language, one does not limit its perception through this, for example: a deaf person who has not been provided with a language to communicate is not limited to understanding abstract concepts. like La Libertad, in effect, the deaf would dispense with the expression Libertad, however, not their understanding.

Sometimes it seems that the scope of language has been overestimated, in bilingual communities capable of reaching the fundamental value of two communities, since it is true that everything we name belongs to reality, in terms of memory. The secrets do not belong to us until we turn them into a nucleus of articulated expressions for their organization, thus introducing it to ourselves, and managing to generate relationships at the mental level between the reality that is described and the reality experienced.

The relationship of expression with reality has generated different positions, as some say that it determines reality, while others that it qualifies it. It is true that for cultures such as the pre-colonial ones in the north of Canada, which find themselves in the firm need to express with particular words notes of colors ranging from white to blue-grey to survive in the snow. Thus, then, the indigenous peoples surrounding the Grand Canyon, because their need to understand reality is intertwined with language, providing them with a large number of words that range from yellow to brown.

In the same way the reality for the Spanish-speaking communities in the United States, whose children create different forms of expression that add the two languages to express what they live, thereby increasing the capacity of both realities.

For the communities, the language represents influence, acceptance and inclusion, the parents of children already incorporated into American culture who, despite the fact that their first language may be Spanish, their language of common expression becomes English, since either by the school, or by the community in which their parents live. Some families, in order to join the community, displace the Spanish language to the degree of barely or leave it in disuse within the family, the parents speaking in Spanish, the children answering in English, since the lexicon of the children grows with the influence of the American community by being forced to express with it the school, medical, legal, government, bureaucratic visits, among others. While Spanish is the

home language, which is often limited to it, the use of emotions and the home.

Many cases when families take their children to Hispanic countries and living with their cousins, these children lack the words to express things they see, and from there we reaffirm the increase in the lexicon: park, access, check, Wallet Parking, OK. While in the American community, Hispanic culture is based above all on food, so much so that one of the breakfasts, if not the most popular, of McDonald's breakfasts is the Breakfast Burrito, or also, in many restaurants, the unique Chicken Quesadilla, in the case of the Chicken Quesadilla being a dish of little or no popularity in Mexico, however, a popular dish established in the non-Hispanic community. There are also chains like Taco Bell that serve non-Hispanic markets, but rather, American ones with stiff tortilla tacos like tostadas.

Mariana Ayón RV

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ESPECIAL CULTURAS DEL MUNDO
Comunidades Bilingües

El lenguaje

Pareciere que la realidad a la que nos sometemos los seres humanos, se circunscribe por el manejo que tenemos o podamos llegar a tener del lenguaje; o bien, como decía Wittgenstein, "el límite de mi lenguaje, es el límite de mundo": que sentencia la relación directa entre la realidad y el medio para expresarla, como si sólo la circunstancia aconteciera hasta el momento es expresada, no por nada la información se vuelve el camino al poder, pues podría incluso pensarse que el lenguaje estuviera antes que la realidad. Eduardo Espina dice: "La palabra libera al deseo y los signos son liberados por aquél". Si bien, la vida abstracta confluye a partir del uso y juego del lenguaje, no por ello uno limita su percepción a través de esto, ejemplo: un sordo que no ha sido provisto de una lengua para comunicarse, no está limitado a entender conceptos abstractos como La Libertad, en efecto, el sordo prescindiría de la expresión Libertad, sin embargo, no de su entendimiento.

En ocasiones pareciere que los alcances del lenguaje han sido sobreestimados, en comunidades bilingües capaces de alcanzar el valor fundamental de dos comunidades, pues cierto es que todo aquello que nombramos nos pertenece de la realidad, en términos de memoria. Los secretos no nos pertenecen sino hasta que los volvemos un núcleo de expresiones articuladas para su organización, introduciéndola de este modo a nosotros mismos, y logrando generar a nivel mental relaciones entre la realidad que se describe y la realidad experimentada.

La relación de la expresión con la realidad ha generado diferentes posturas, pues algunos dicen que determina la realidad, mientras otros que la matiza. Cierto es que para culturas como las precoloniales del norte de Canadá que se ven en la firme necesidad de expresar con palabras particulares notas de colores que van del blanco al grisazul para sobrevivir en la nieve. Así, pues, los pueblos indígenas aledaños al Gran Cañón, pues su necesidad de entender la realidad se entrevera con el lenguaje proveyéndoles de gran cantidad de palabras que van del amarillo al marrón.

De la misma manera la realidad para las comunidades hispanoparlantes en Estados Unidos, quienes los hijos crean diferentes formas de expresión que suman las dos lenguas para manifestar aquello que viven, acrecentando con ello la capacidad de ambas realidades.

Para las comunidades, la lengua representa la influencia, la aceptación e inclusión, los padres de hijos ya incorporados a la cultura estadounidense que a pesar de que su primera lengua puede ser el español, su idioma de expresión común llega a ser el inglés, ya sea por la escuela, o por la comunidad en que viven sus padres. Algunas familias, en

aras de incorporarse a la comunidad, desplazan la lengua hispana al grado de apenas o dejarla en desuso dentro de la familia, los padres hablando en español, los hijos contestando en inglés, pues el léxico de los hijos crece con la influencia de la comunidad estadounidense al verse forzados a expresar con ella la escuela, las visitas médicas, legales, gubernamentales, burocráticas, entre otras. Mientras que el español, es la lengua de casa, que muchas veces se limita a ello, el uso de las emociones y del hogar.

Muchos casos cuando las familias llevan a sus hijos a los países hispanos y en la convivencia con los primos, estos niños carecen de palabras para expresar cosas que ven, y de allí reafirmamos el incremento del léxico: parquear, accesar, chequear, Wallet Parking, Okay. Mientras que en la comunidad estadounidense la cultura hispana se asienta sobre todo en la comida, tanto que uno de los desayunos, si no es que el más popular, de los desayunos de McDonald's es el Breakfast Burrito, o también, en muchos restaurantes la singular Chicken Quesadilla, en el caso de la Chicken Quesadilla siendo un platillo de poca, o bien, nula popularidad en México, no obstante, un platillo popular e instaurado en la comunidad no hispana. También están cadenas como Taco Bell que atienden mercados no hispanos, sino más bien, estadounidenses con los tacos de tortilla rígida como tostadas.

Mariana Ayón RV

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ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Advocates Head to Lansing to Push for Drivers Licenses for Immigrants

Catholic leaders from parishes and high schools are making a pilgrimage to Lansing to visit with their Senators and Representatives. They will be pressing demands for new legislation allowing immigrants -- regardless of their status -- to gain a Drivers' License and/or State ID.

STRANGERS NO LONGER is organizing over 100 Catholics for this pilgrimage on Tuesday, February 28. Delegates are coming from Traverse City and across the state.

State Senators Mary Cavanagh and Jeff Irwin and State Representatives Tyrone Carter and Regina Weiss will welcome them to Lansing. On December 9th these elected officials pledged to 360 members of STRANGERS NO LONGER to reintroduce legislation in the first quarter of 2023 that would ensure immigrants could obtain drivers' licenses or state IDs known as the Drive Safe bills.

STRANGERS NO LONGER is a network of Catholics across Michigan responding effectively to the words of Pope Francis who says to "welcome immigrants as your brothers and sisters." 21 Catholic parishes and 10 Catholic high schools have STRANGERS NO LONGER Circles of Support, and there are also 7 Circles of Support of Immigrant Women.

The group will travel to Lansing by bus and car on Tuesday, February 28th and meet at 9 a.m. at the Capitol. They will be briefed by elected officials, and then go to their appointments with senators and representatives.

Over 100,000 people who live, work, raise children, and pay taxes in Michigan do not have access to a driver's license or state ID due to their immigration status. Think of the problems that arise simply by not having a valid form of identification. You can't drive to work, your children to school, or go to the grocery store. You don't have an acceptable ID at some pharmacies. Enrolling your children in school becomes a problem.

According to immigrant members of Strangers No Longer, the inability to drive in Michigan is the number one problem they face. At our Assembly for Human Dignity on December 9th, we heard personal testimony about the daily problems resulting from not having a driver's license and the emotional trauma that comes from being treated as "less" or as a "societal problem" instead of as a person who contributes to our community and economy.

Everyone is welcome -- Catholic and non-Catholic. For more information -- and to join the pilgrimage Feb. 28 -- call 313-549-0421 -- or register on line at www.strangersnolonger.org .

Latino Caucus Selects Leadership for 102nd Legislature

LANSING, MI — Members of the Michigan Legislative Latino Caucus (MLLC) announced its new elected leaders for Michigan's 102nd legislative session on Tuesday, February 7. Senators Mary Cavanagh (D-Redford Twp.) and Darrin Camilleri (D-Trenton) were selected to serve as Chair and Vice-Chair, respectively. State Representative Veronica Paiz (D-Harper Woods) will serve as Secretary and Treasurer.

"I am honored to have been chosen by my colleagues to continue my leadership of the Latino Caucus," said Sen. Cavanagh. "With members of our caucus now serving in the legislative majority, I'm looking forward to the opportunity we have to uplift and invest in Michigan's Latino community, while solving the challenges facing our entire state with the wealth of knowledge and perspectives we each have to offer."

"When we restarted the Michigan Latino Legislative Caucus in 2017, it was not only to lift up our community that has struggled with a lack of state-level representation over the years, but to build power and opportunities for all of us as well," said Sen. Camilleri, a founding member of the Caucus. "As we begin a historic new legislative session, I'm excited to continue the important work of building power and representation for our community as Vice-Chair."

"As the sole Hispanic/Latino in the House of Representatives, I'm enthusiastic to join my Senate colleagues in representing Latinos throughout Michigan and maintaining the much-needed diversity of representation in state government," said Rep. Paiz.

The MLLC is a bicameral (state House and Senate) caucus of legislators dedicated to promoting legislative initiatives that reflect the betterment of Michigan's Latino community, including economic development, healthcare, education, civic engagement, and civil rights. The MLLC includes Michigan Legislators who identify as Latino and those who represent districts with Latino populations and have shown a commitment to supporting the issues and policies most important to Michigan Latinos.

Governor Whitmer, Democratic Leaders Roll Out Largest Tax Break for Working Families, Seniors in Decades

Lowering MI Costs plan rolls back retirement tax, quintuples Working Families Tax Credit, and delivers Inflation Relief Check to every taxpayers

LANSING, Mich. – Today, Governor Gretchen Whitmer, Senate Majority Leader Winnie Brinks, and Speaker Joe Tate rolled out the Lowering MI Costs Plan, which will deliver the largest tax break to Michiganders in decades. The plan rolls back the retirement tax, boosts the Working Families Tax Credit, and delivers inflation relief checks to every taxpayer.

"The #1 concern for Michiganders right now is costs," said Governor Whitmer. "Our Lowering MI Costs plan puts money back in people's pockets by rolling back the retirement tax, quintupling the Working Families Tax Credit, and delivering inflation relief checks to every taxpayer. Getting this done will help people pay the bills and put food on the table as inflation impacts their monthly budgets. I am proud that we are hustling to get this done and deliver real, immediate relief to Michiganders."

"House Democrats heard from Michiganders across our state that they want us to repeal the retirement tax," said Speaker Joe Tate. "Their priorities are our priorities. With the passage of this plan, we are making good on our promise to the people of Michigan. Lowering MI Costs gives retirees back their hard-earned money, puts dollars into the hands of working families, and delivers much-needed relief from inflation for people across our state. This is meaningful relief at a time when Michiganders truly need it. I am proud of my colleagues in both chambers and the governor for her leadership to get this done."

"This announcement is a tremendously exciting moment for Michigan," said Senate Majority Leader Winnie Brinks. "It includes key promises that Democrats have been talking about in coffee shops and townhalls and at our neighbors' doors for years. It reflects what we have been hearing from Michiganders and what we have been working to deliver: lowering costs, combating the pinch of inflation, and providing real, immediate relief for the people of our state."

From left, State Senate Majority Leader Winnie Brinks, Speaker Joe Tate and Governor Gretchen Whitmer announce the Lowering MI Costs Plan on Monday, February 6 in Lansing

Retirement Tax

The plan phases out the retirement tax over four years and ultimately puts an average of $1,000 back in the pockets of 500,000 households. Lowering MI Costs will equalize the exemption on both public and private pensions.

Working Families Tax Credit

The plan quintuples the Michigan Working Families Tax Credit match of the federal Earned Income Tax Credit (EITC) to 30%, up from 6%. It delivers an average combined tax refund of $3,150 to 700,000 families, directly impacting nearly one million kids—almost half the kids in Michigan. Lowering MI Costs makes this boost retroactive for tax year 2022, meaning families will get more money in their pockets this year.

Inflation Relief Checks

The plan will deliver $180 inflation relief checks to every Michigan tax filer, providing immediate relief by putting money back in pockets. Ensures everyone receives some relief and builds on relief for working families and seniors.

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Hockey At Clark Park

Photos provided by Bill Deuparo

Clark Park hosted nine teams from the Detroit Athletic Club League on Saturday January 28th. Part of the DAC hockey program's focus is also community engagement in hockey. DAC League players volunteered at Clark Park to put the ice in this year and raised $8,500 and used the funds to purchase youth hockey equipment including helmets, sticks and other protective equipment for the Clark Park Youth Hockey Program.

Left to right: Mike Walsh, Steve Grapsas, Robert Riley, Jesse Venegas, Anthony Benavides, Tom Pierce.

Detroit Red Wings Lineup

1130 CLARK STREET, DETROIT 48209

Saturday vs RAM Truck	Sunday vs UAW 600
COACHES LIBETT & MYER	COACHES LIBETT & MYER
41 MIO, ED	41 MIO, ED
35 BOWMAN, GEORGE	35 BOWMAN, GEORGE
33 BLUM, JOHN	33 BLUM, JOHN
12 CARSON, JIMMY	15 FEDYK, BRENT
15 FEDYK, BRENT	25 MCCARTY, DARREN
55 MURPHY, LARRY	23 MILLER, KEVIN
25 OGRODNICK, JOHN	55 MURPHY, LARRY
20 REDMOND, MICKEY	25 OGRODNICK, JOHN
90 COULIER, DAVE	20 REDMOND, MICKEY
11 HAMILTON, TREVOR	88 ADAMS, JAY
54 KHARIN, SERGEI	90 COULIER, DAVE
29 KOLSTAD, DEAN	11 HAMILTON, TREVOR
45 WEBER, PAUL	5 KNAUFT, LORNE
6 WOLANIN, CRAIG	29 KOLSTAD, DEAN
ROMITA, CARLO	6 WOLANIN, CRAIG

February 4-5, 2023
FROZEN FISH FIASCO
CLARK PARK, DETROIT

14th Annual Frozen Fish Fiasco

The 14th Annual Frozen Fish Fiasco took place on February 4th & 5th, 2023 at Clark Park in Southwest Detroit. The event is promoted as an annual fundraising and outdoor hockey weekend played at the only regulation-sized outdoor ice hockey rink within the city limits. The game on Saturday featured the Detroit Red Wings Alumni vs Ram Truck while Sunday's game featured the Red Wings Alumni vs. UAW Local 600. Detroit Tiger alum Craig dropped the puck at Saturday's game and former NFL and UM football player Braylon Edwards dropped the puck on Sunday.

For more information, go to www.facebook.com/FrozenFishFiasco

La Tercera Edad, "The Third Age," is thriving at LA SED

Story and Photos by Angela Gallegos

On a balmy Friday morning in January at the Latin Americans for Social and Economic Development (LA SED) Senior and Youth Center, the smell of fresh coffee and pan dulce fill the air. On the other side of the room, you can hear the sound of dominos being shuffled and laughter after a game well played. This is a glimpse of daily life for Latino seniors in Southwest Detroit.

Josefina Zaragoza, nicknamed "Fina," seems to be the most popular person at LA SED. Fina's been going to the center almost daily for the last 18 years. Sitting next to her are friends Rita and Dominga. Rita dunks sweet bread into a cup of coffee. After the morning cafe and pan, it's time for their daily workout.

As 10 a.m. rolls around, instructor Roberto Nearon gets ready for Toalla Fitness, or "Towel Fitness" in English. Toalla Fitness is a group exercise using Nearon's original style of dance. It incorporates hand towels and a chair, which attracts seniors and participants with limited mobility. Daily exercise helps maintain the ability to live independently and reduces the risk of falling.

While some folks were working out, LA SED's Program Coordinator, Fernanda Sanchez, and the center's Executive Director, Mary Carmen Muñoz, share more about the thriving tercera edad in the community. The phrase "la tercera edad" translates to "the third age" in English. It was created as a respectful term to use instead of "old" or "elderly."

"We are on our path because of the trail they blazed before us," Muñoz said of la tercera edad community members of Southwest Detroit.

The team shared that the goal for the center has always been to offer programs and services to la tercera edad in the community that keeps them emotionally and physically healthy and independent for as long as possible.

LA SED's free daily programming starts at 9 a.m. and goes to about 1 p.m. It includes transportation from zip codes 48209, 48210, 48216 and 48217. Participants can receive hot lunches for a small donation of two dollars and a cup of coffee for a quarter.

Wellness workshops run for six weeks at a time, twice a week for one and a half hours. LA SED encourages people to continue their active lifestyles. Workshops and classes offered by the center include dance fitness, living with diabetes, taking control, as well as prevention of chronic illness, anti-scam workshops, "Know-our Rights" workshops, funeral service planning and community storytelling.

Sanchez is working on a computer tech program for la tercera edad in 2023 along with ramping up their quarterly field trips to museums, Frankenmuth, the state capitol, a ride on the Detroit Princess boat and the Golden Corral restaurant.

LA SED suffered a huge hit during the pandemic, losing some to the virus, but continued working remotely to coordinate food drop-offs to make sure people were taken care of and remained as healthy as possible. They also managed a successful pop-up vaccination clinic for the community. Program participation dwindled due to the pandemic. In 2019, the center was servicing 60-80 seniors per day. Today the program averages about 15 to 30 people per day.

Sanchez is hoping to recruit more community members of la tercera edad through presentations at schools, head-start programs and coordinating with other community centers such as Patton Park recreation center for swimming aerobics.

For more information on how to join or support LA SED, call (313) 841-8840 or visit www.lasedinc.com.

Angela Gallegos is a special projects manager, voice actress and native Southwest Detroiter. She is a creative changemaker passionate about wellness and justice in her community and the world.

Pictured left to right Rita Solis, Josefina"Fina" Zaragoza, and Dominga Solis

Instructor Roberto Nearon (far left) and the Zumba Toalla Fitness class.

LA SED participants stretching in the Toalla Fitness Program

Left to right Consuelo Gonzalez, Cruz Ruiz, Mary Carmen Muñoz, Raul Beltran, Fernanda Sanchez and Jose Jimenez.

Josefina Zaragoza enjoying a game of BINGO

Cleveland State Had Tough Visit In Michigan !!!

EL CENTRAL
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313 841 0100 elcentral1@aol.com
Sports Editor: Dan Graschuck/ EL CENTRAL

Last week, Cleveland State Vikings, visited the University of Detoit Mercy Titans on Thursday, February 2nd, and the Oakland University Golden Grizzlies, on Saturday, February 4th. The Titans would defeat the Vikings 85 - 67, and Titans G #0 Antoine Davis would lead the Titans with 35 points in the game. The Golden Grizzlies defeated the Vikings 92 - 89 in overtime, with Golden Grizzlies G #34 Jalen Moore scoring 25 points in the game. Titans Antoine Davis chasing "Pistol" Pete Maravich's spot as the NCAA's No. 1 all-time scorer record, by scoring 35 points against the Vikings and scoring 32 points against Purdue Fort Wayne, and he is currently in second place. Photos by: Adam J. Dewey

Photos below are highlights from Cleveland State Vikings vs. University of Detroit Mercy Titans and Cleveland State Vikings vs. Oakland University Golden Grizzlies games

Titans G #0 Antoine Davis being checked by Vikings F #13 Tristan Enaruna. Davis was 10-19 on field goals, 3-6 on 3-pointers, 12-13 on free throws, for a total of 35 points, and had 2 rebounds

Titans F # 11 Gerald Liddell making a play. Liddell was 3-13 on field goals, 0-0 on 3-pointers, 3-4 on free throws, for a total for of 17 points, and had 8 rebounds

Golden Grizzlies G #34 Jalen Moore making a play. Moore was 8-16 on field goals, 0-3 on 3-pointers, 9-10 on free throws, for a total of points, and had 2 rebounds

Golden Grizzlies F #4 Trey Townsend making a play. Townsend was 7-12 on field goals, 0-1 on 3-pointers, 9-12 on free throws, for a total of 23 points, and had 17 rebounds

Super Bowl LVII !!!

Super Bowl LVII matchup will be between the Philadelphia Eagles and the Kansas City Chiefs, this Sunday, February 12th, at 6:30 pm ET (FOX), from State Farm Stadium, in Glendale, AZ.

EL CENTRAL Pateando la No. 5
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STARS ALIGNING

David Levine
EL CENTRAL

Leeds United may have done the US Soccer federation a favor. On Monday the English Premier League club sacked Jesse Marsch after eleven months in charge. The team was on a run of 2 wins in 17 league games, leaving them outside the relegation zone on goal difference. The last straw was a 1-0 loss to fellow strugglers Nottingham Forest. It was a game that Leeds dominated, but Forest scored the only goal after a two errors by the same defender. That has been the story of Leeds' season. They have been good between the penalty areas, with American Tyler Adams covering acres of ground in midfield. Unfortunately, they lack firepower up front and are prone to errors at the back. Given Marsch's tactical approach with the team, it's been a recipe for disaster.

Marsch has now vaulted to the top of the list of favorites to replace Gregg Berhalter. Even after being sacked twice in the last two years by clubs in Europe, his credentials are already superior to Berhalter. Marsch won 2 Supporters Shields in MLS before leaving for Red Bull Salzburg. In Austria, his team won the league and cup double in back to back seasons and competed well in the group stage of the UEFA Champions League. However, he didn't last half a season in the Bundesliga with Red Bull Leipzig before his eleven month stint at Leeds.

US Soccer didn't seem to react to the news of the top American coach becoming available. Press reports indicate that the federation is holding to its timeline of later in the summer. The plan is still to hire a sporting director and have that person direct the search for a new national team manager. That would leave Anthony Hudson, whose head coaching record is poor by any standard, in charge for both the CONCACAF Nations League and the CONCACAF Gold Cup, wasting the opportunity for a new coach to come in and begin to implement some fresh ideas. US Soccer wasted a year when last the job was open, so losing time would be the normal course of things. As World Cup hosts, there won't be quite as many competitive opportunities to get the team together. Every Nations League game and Gold Cup is vital preparation.

At Leeds, Marsch leaves behind a team that had become his team after two transfer windows. He only had the Forest game with his new squad before getting the sack. The most recent window brought in a third American international as midfielder Weston McKennie joined Adams and Brendan Aaronson. Aaronson was recovering from a bout of appendicitis over the weekend, so he didn't get to play with Adams and McKennie in the same game for Marsch's swan song. It would have been a unique situation with so many at a team whose majority shareholder also owns the San Francisco 49ers of the NFL. Strangely, Marsch's firing will leave fellow American Chris Armas among the coaches taking charge until a new full time boss is brought in. Armas lasted only a few weeks at Manchester United before being swept aside when Erik Ten Haag took over.

The sight of American players in relegation trouble is becoming all too familiar. In Spain, Valencia featuring Yunus Musah has drifted down to 17th place in La Liga. Celta de Vigo with Luca de la Torre finally earning some starting minutes, and setting up goals in consecutive games, is only four points clear in a tightly contested bottom half of the league. Striker Ricardo Pepi is on loan in the Netherlands with FC Groningen. They are rock bottom of the Eredivisie. They aren't the only players facing trying times during the second half of the European season. 2022-2023 has not gone well for much of the US contingent in Europe. One player who has been in form since the World Cup is Gio Reyna. The young man at the center of the controversy swirling around US Soccer has scored in the three straight substitute appearances for Borussia Dortmund. The coach doesn't trust him to start games yet, but he has at least been contributing.

Hudson will have the opportunity to select Reyna and the rest of the Europe based players in March for the games against Grenada and El Salvador. There will be a lot of questions about this selection. Hudson assisted Berhalter during the World Cup, but nobody knows if he has the chops to lead a team of players in top leagues across Europe against what should be overmatched opponents. Can he command the respect of a now experienced team, albeit still young? Will he put some tweaks into the system developed by his former boss? Will the team perform up to its capabilities or be given the chance to do so? The next few weeks will make for an interesting watch as those games approach.

Tom Brady anuncia su retiro de la NFL

El martes 31 de enero, por la mañana Tom Brady anunció su retiro de los emparrillados a través de su cuenta de Instagram. Después de algunos días de especulación sobre el futuro del siete veces ganador del Super Bowl.

Logró seis anillos con los New England Patriots y uno más con los Tampa Bay Buccaneers la temporada pasada.

Finalmente el mariscal de campo de 44 años de edad ha decidido poner fin a una carrera sumamente exitosa.

Ha sido una gran historia de retos y logros. Comenzó en el año 2000 y su última aparición en el terreno de juego fue apenas el pasado 23 de enero, el día que los Buccaneers cayeron en la Ronda Divisional ante Los Angeles Rams por marcador de 30-27.

"Siempre he creído que el deporte del fútbol americano es una propuesta 'todo incluido', si no existe un compromiso 100% competitivo, no tendrás éxito, y el éxito es lo que tanto me gusta de nuestro juego", dijo Brady en su publicación en Instagram.

"Hay un desafío físico, mental y emocional cada día que me ha permitido maximizar mi máximo potencial. He hecho todo lo posible en estos últimos 22 años. No hay atajos o caminos fáciles al éxito en el campo o en la vida.

"Esto es muy díficil de escribir para mi, pero aquí voy: Ya no tendré ese compromiso competitivo. He disfrutado mi carrera en la NFL, y ahora es el momento de centrar mi tiempo y energía en otras cosas que requieren mi atención. Durante la semana pasada he reflexionado mucho y me he hecho preguntas muy difíciles. Estoy muy orgulloso de lo que hemos logrado. Mis compañeros competidores y fanáticos merecen el 100% de mí, pero en este miomento es mejor que deje el juego para la próxima generación de atletas dedicados y comprometidos".

Tom Brady getting ready to throw, as QB during the 1999 season, for the University of Michigan Wolverines.
Photo provided by the University of Michigan Wolverines

U of M alumni Tom Brady greets fan at a Wolverines home game, during the 2016 sesason at the Big House.
Photo by Dan Graschuck/ EL CENTRAL

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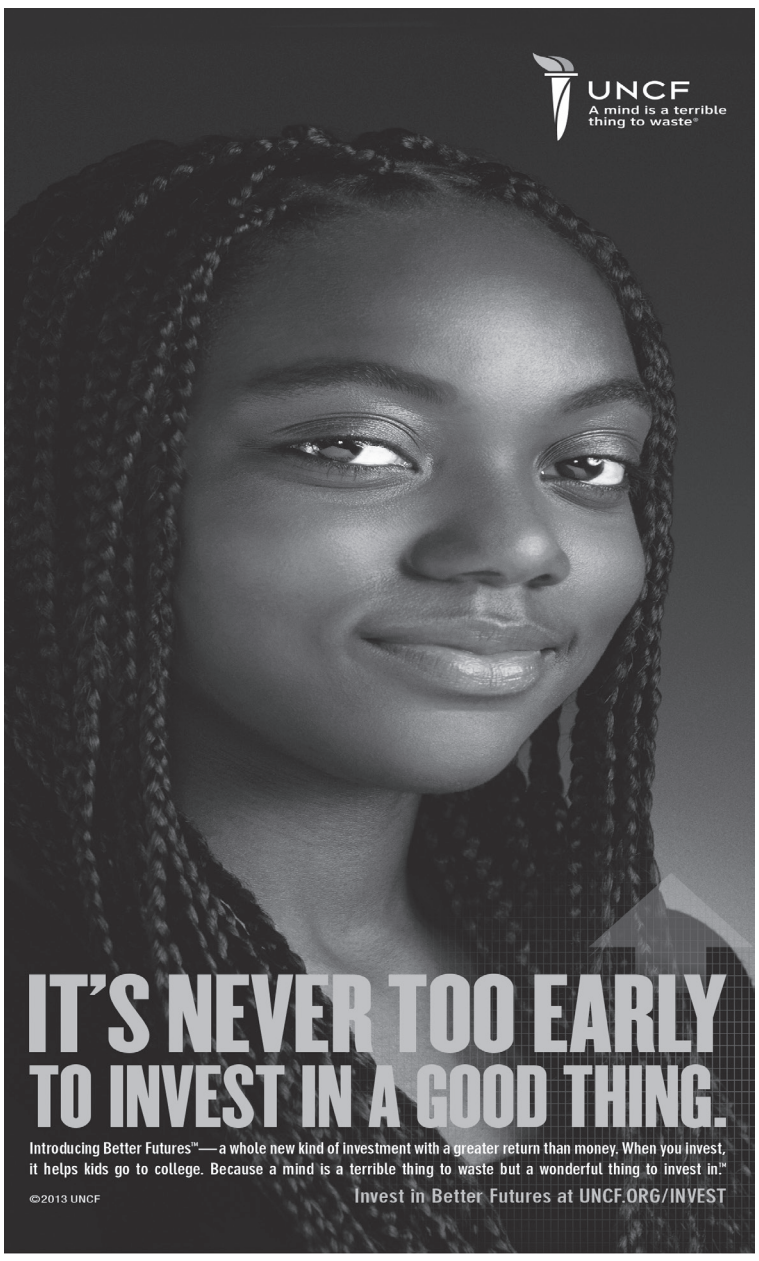
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EDITORIAL OPINION

"11 Million Jobs?"

By Raoul Lowery Contreras

President Biden's State of the Union speech came and went and the country does not reflect, in total, what he tried to describe as the dynamic economics he says is all around us.

Certainly, the country is not a complete flop, nonetheless, it is nowhere near where it should be. Yes, it was fantastic news that January's job numbers of 500,000 jobs dwarfed the numbers "experts" predicted. Skeptists, like me, however, see thousands of jobs that are unfilled all around us. I see less GDP (Gross Domestic Production); less growth.

Driving through Tijuana and entering San Diego, however, one sees gigantic differences in attitudes of people and the job economy on the border in contrast to the rest of the U.S.A.

On the Mexican side, buses arrive at Tijuana's gigantic "camionera," the bus depot and airliners that land at Abelardo Rodriguez International Airport are filled with people coming to Tijuana from all 33 states of Mexico for opportunity, for jobs, for education and for the opportunity of joining the over a million people who legally cross the American/Mexican border and for the higher standard of living those border crossers live every day.

San Diego, California, economists and Chamber of Commerce types point out that studies show that Mexicans who jam the border northward every day -- thousands of cars and people -- spend over $3 billion dollars a year in and around San Diego County's three million people.

Over a thousand Mexican trucks and commercial vehicles cross into San Diego every day. That many or more cross from the U.S. into Baja California carrying millions of dollars worth of goods and material supply booming Tijuana, Tecate and Mexicali's industrial base that grows by thousands of new jobs every year.

The Tijuana and Mexicali boom is such that billboards throughout Tijuana offer signing bonuses to new employees that range from $4,000 pesos ($200 American) to $25,000 pesos ($1300 American). They are not alone. In San Diego, a citywide ambulance company, Faulck from Denmark, is offering $50,000 bonuses to be paid in regular paychecks.

All this is swirling around us in the 6-million-plus Metropolitan San Diego/Tijuana economic engine that sees unemployment at less than three percent. Nonetheless, thousands of jobs go begging in San Diego - thousands. Nationally millions of jobs go begging today.

Is the instant job situation because everyone qualified to work is working? Obviously not as the unemployment figure, while low is not 99%. The real reason is the current workforce percentage of eligible working people is low, too low to fill vacant jobs.

The work force is those willing to work as a percentage of the total population composed of age, health, educational and personal desire components.

In 2008, the workforce peaked at 67.1% of the total eligible population. It has been going down since to 61.6% in 2022. By contrast, American Blacks do slightly better than the general population at 62.4%. Hispanics, however, dominate with a 66.3% rate of work participation. They are also the youngest workforce and every college graduation day their educational level increases exponentially.

Simply put, most everyone who wants to work in the U.S. is working. Still the Bureau of Labor Statistics and the Federal Reserve Bank of the United States report that there are 11 million vacant jobs in the U.S. today.

We now see the harm that Stephen Miller and his boss, the modern Boss Tweed, President Donald J. Trump did to the U.S. economy during the years they limited immigration. Immigrants seek work, any work. No immigrants, smaller workforce; less GDP, less growth.

Trump and Miller did their best to end immigration. The results -- fewer people willing to work. The largest immigrant group, Hispanics from South of the Rio Grande and their families plus fellow native born American Hispanics are now proportionally the largest percentage of the workforce and will be forever.

Remember that when you see immigrants sleeping on sidewalks in El Paso, Texas. Or billboards in Tijuana offering thousands of bonus pesos to take a job or Americans offered $50,000 to work in San Diego. A $50,000 bonus to work in San Diego… REALLY?

Opinions in this article are not necessarily those of the Publisher or Editor

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Project: Henry Street Redevelopment

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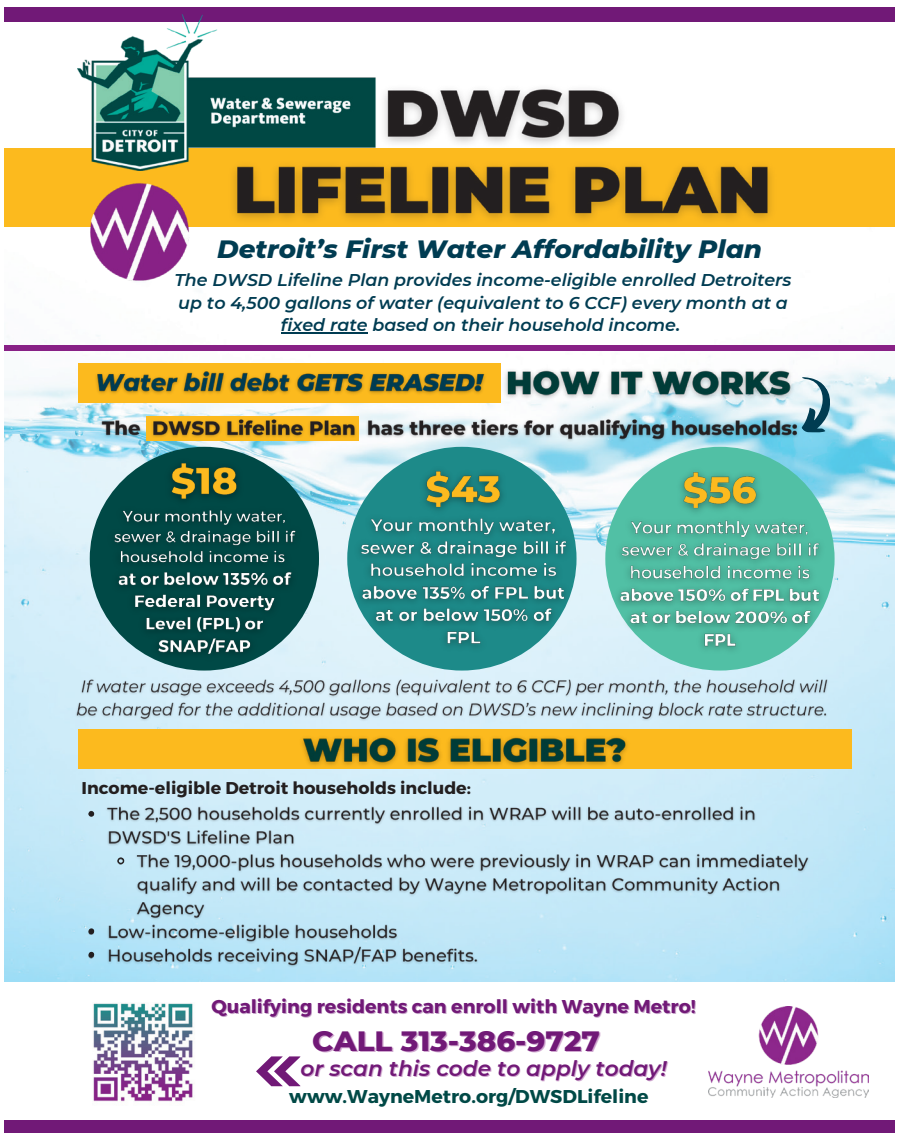
Project Description: Henry Street Redevelopment is a historic renovation project consisting of 7 buildings and creating 170 market rate and affordable apartments. Scopes of work include but are not limited to: demolition/abatement, concrete, masonry, steel, carpentry, roofing, windows/storefronts, doors & hardware, drywall, flooring, specialties, residential appliances, unit & site furnishings, wheelchair lifts & elevator, MEP/FS trades, earthwork & utilities, asphalt, site improvements, landscaping & irrigation.

This project is subject to **MBE/WBE, Detroit Resident, and Section 3 Requirements.**

For bidding documents please e-mail Kaitlin Hodgson at khodgson@obriencc.com

Case Administrator Vacancy Announcement

U.S. District Court, Eastern District of Michigan – **Case Administrator Vacancy Announcement at http://www.mied.uscourts.gov**. Be a part of a great team located in Detroit, the **employee performs various functions and assists in maintaining and managing the progression of cases from opening to final disposition. Professional and friendly work environment, great benefits and close to the downtown amenities**. EOE


Water & Sewerage Department
CITY OF DETROIT
DWSD
LIFELINE PLAN
Detroit's First Water Affordability Plan
The DWSD Lifeline Plan provides income-eligible enrolled Detroiters up to 4,500 gallons of water (equivalent to 6 CCF) every month at a fixed rate based on their household income.
Water bill debt GETS ERASED!
HOW IT WORKS
The DWSD Lifeline Plan has three tiers for qualifying households:
$18
Your monthly water, sewer & drainage bill if household income is at or below 135% of Federal Poverty Level (FPL) or SNAP/FAP
$43
Your monthly water, sewer & drainage bill if household income is above 135% of FPL but at or below 150% of FPL
$56
Your monthly water, sewer & drainage bill if household income is above 150% of FPL but at or below 200% of FPL
If water usage exceeds 4,500 gallons (equivalent to 6 CCF) per month, the household will be charged for the additional usage based on DWSD's new inclining block rate structure.
WHO IS ELIGIBLE?
Income-eligible Detroit households include:
• The 2,500 households currently enrolled in WRAP will be auto-enrolled in DWSD'S Lifeline Plan
◦ The 19,000-plus households who were previously in WRAP can immediately qualify and will be contacted by Wayne Metropolitan Community Action Agency
• Low-income-eligible households
• Households receiving SNAP/FAP benefits.
Qualifying residents can enroll with Wayne Metro!
CALL 313-386-9727
or scan this code to apply today!
www.WayneMetro.org/DWSDLifeline
Wayne Metropolitan Community Action Agency

Salud/*Health*

Alzheimer's Association Michigan Chapter hosts Spanish research night to highlight the impact of Alzheimer's disease in the Latino community

SOUTHFIELD, MI – The impact of Alzheimer's disease on the Latino community will be explored during Alzheimer's Disease and You: The Impact on the Person, the Family and the Latino Community, a special research night hosted by the Alzheimer's Association Michigan Chapter Thursday, Feb. 16 at 6 p.m. This event will be held in Spanish on Zoom. Those local to Grand Rapids are also encouraged to attend at Exalta Health (2060 Division Ave. S, Grand Rapids), where the Zoom webinar will be simulcast.

Alzheimer's Disease and You provides an opportunity for attendees to learn about the impact of dementia in the Latino community. Latinos are about 1.5 times more likely than White Americans to have Alzheimer's or other dementia. In addition, 57% of Latinos believe that a significant loss of memory or cognitive abilities is a normal part of aging.

"There are some myths about the aging process and what normal aging is that are prevalent in the Latino community," said Alzheimer's Association Community Outreach Coordinator Mariah Cardenas. "Through this event, we hope to dispel those myths and allow people in this close-knit community to better be able to make decisions when it comes to Alzheimer's and the best ways to support one another and their loved ones."

During the event, Dr. Daniel Vélez Ortiz and Dr. Irving Vega, from Michigan State University will discuss the impact of Alzheimer's on the Latino community. Velez Ortiz will present on his upcoming research project regarding Latino caregivers. The presentation will be followed by a panel discussion with Vega on Alzheimer's disease. Those participating both on Zoom or at Exalta Health will have an opportunity to ask questions. Light refreshments will be served at the in-person event.

"Although Latinos are disproportionately affected by Alzheimer's disease, they are underrepresented in clinical trials," said Alzheimer's Association Community Outreach Coordinator Ana Ramos. "By providing an opportunity for the community to hear about the impact of Alzheimer's and current research, it will give them the tools that they need to be informed and get involved."

To register for the event in person contact Ana Ramos at 616.459.7423. To learn more about the Alzheimer's Association visit http://alz.org/gmc or call 800.272.3900.

El Capítulo de Michigan de la Asociación de Alzheimer organiza una noche de investigación en español para resaltar el impacto de la enfermedad de Alzheimer en la comunidad latina

SOUTHFIELD, MI – El impacto de la enfermedad de Alzheimer en la comunidad latina se explorará durante La enfermedad de Alzheimer y tú: el impacto en la persona, la familia y la comunidad latina, una noche de investigación especial organizada por el Capítulo de Michigan de la Alzheimer's Association el jueves 16 de febrero a las 6p.m. Este evento se llevará a cabo en español en Zoom. Para los locales de Grand Rapids, también pueden asistir al evento a Exalta Health (2060 Division Ave. S, Grand Rapids), donde se transmitirá simultáneamente el seminario por Zoom.

La enfermedad de Alzheimer y tú brinda una oportunidad para que los asistentes aprendan sobre el impacto de la demencia en la comunidad latina. Los latinos tienen aproximadamente 1,5 veces más probabilidades que los estadounidenses blancos de tener Alzheimer u otra demencia. Además, el 57 % de los latinos cree que una pérdida significativa de la memoria o de las capacidades cognitivas es una parte normal del envejecimiento.

"Hay algunos mitos sobre el proceso de envejecimiento y lo que es el envejecimiento normal que prevalecen en la comunidad latina", dijo la coordinadora de alcance comunitario de la Asociación, Mariah Cardenas. "A través de este evento, esperamos disipar estos mitos y permitir que las personas en esta comunidad unida puedan tomar mejores decisiones cuando se trata de la enfermedad de Alzheimer y que aprendan las mejores maneras de apoyarse los unos a los otros y a sus seres queridos".

Durante el evento, el Dr. Daniel Vélez Ortiz y el Dr. Irving Vega, de la Universidad Estatal de Michigan, hablarán sobre el impacto del Alzheimer en la comunidad latina. Vélez Ortiz presentará su próximo proyecto de investigación sobre los cuidadores latinos. La presentación será seguida por un panel de discusión con Vega sobre la enfermedad de Alzheimer. Aquellos que participen tanto en Zoom como en Exalta Health tendrán la oportunidad de hacer preguntas. Se servirán refrigerios ligeros en el evento en persona.

"Aunque los latinos se ven afectados de manera desproporcionada por la enfermedad de Alzheimer, están subrepresentados en los ensayos clínicos", dijo Ana Ramos, coordinadora de alcance comunitario de la Asociación. "Se les dará las herramientas que necesitan para estar informados e involucrarse".

Para registrarse en el evento en persona comuníquese con Ana Ramos al 616.459.7423. Para obtener más información sobre la Alzheimer's Association, visite http://alz.org/gmc o llame al 800.272.3900.

Annual Wellness Exam is Key to a Healthy Year for Older Adults

(StatePoint) You've selected your insurance plan for the year. Now, it's time to start using your benefits, beginning with an annual wellness exam.

An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added.

"By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead," Sobel said. "This will ensure you live each day with vitality, happiness and improved health."

Many providers will reach out to schedule an annual wellness exam. If your provider doesn't contact you, make sure to call them.

A number of annual check-ups are available at no extra cost to those with Medicare. They include a "Welcome to Medicare" visit for customers who have just reached Medicare eligibility and an "Annual Wellness Exam" for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk with your provider and Medicare insurer about your benefits.

Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit.

Prepare. Before you go, write down anything you'd like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes. You might even want to take along a family member, trusted friend or caregiver to ensure you understand everything your provider has shared.

Be open and honest. It's tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly about unhealthy habits, like smoking or lack of exercise. Your provider won't judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health. Many people think depression is a natural part of aging, but it doesn't have to be. Talk to your doctor if you are feeling sad, anxious or hopeless. Treatments, such as talk therapy, medication or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for adverse reactions, such as cognitive impairment and falls. It's a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you're experiencing. Don't forget about over-the-counter drugs, vitamins or nutritional supplements you take.

Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you've had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don't forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at www.cignamedicare.com.

"You wouldn't drive your vehicle without proper preventive maintenance, so please don't ignore preventive maintenance for your most prized possession – your health," Sobel said. "An annual wellness exam is a great place to start!"

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Mana de Metro Detroit

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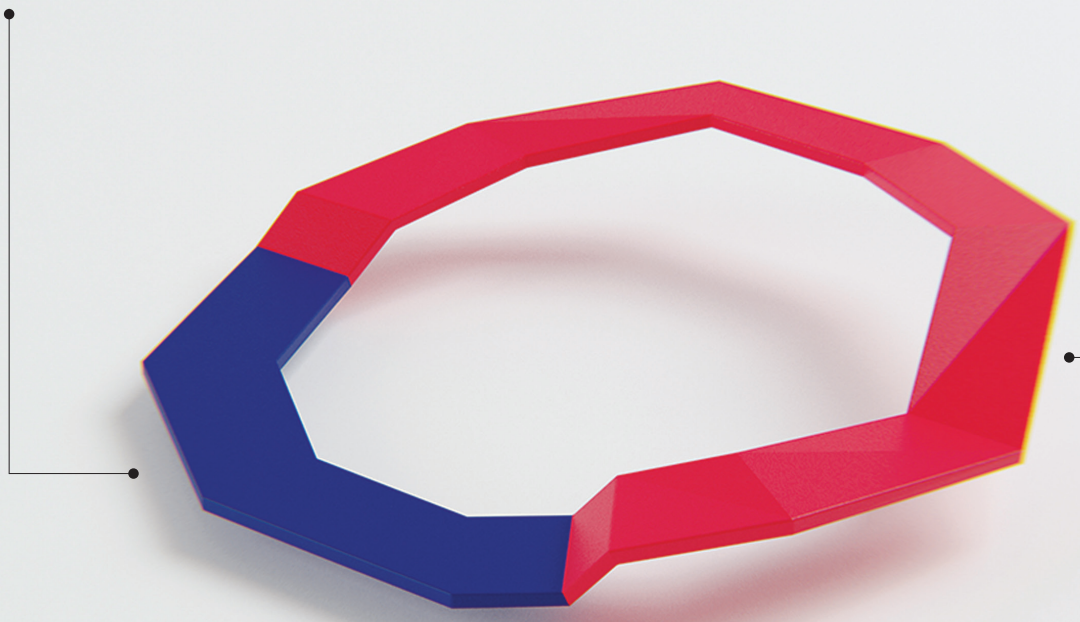
El 39% de los hispanos no se preocupa por la jubilación*



El 61%
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se preocupa
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Presidente de Bank of America en Detroit

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